

Helpful Information

1 **Hold your baby close if you bottle feed.** Never prop the bottle or put baby to bed with a bottle.

2 **Be patient when feeding your baby.** Babies need time and practice to learn to eat. They are messy eaters. Always sit with your baby while baby eats.

3 **Bottles are for plain water, breastmilk or formula.** Give juice in a cup only. Never give sweetened drinks like Kool-Aid®, sodas (pop), punch, gelatin water, or sugar water. Offer your baby about 4 ounces (120 milliliters) of plain water a day, in a cup.



4 **Never force baby to finish a bottle or food.** Your baby is the best judge of how much to eat. Babies will tell you when they have had enough by turning their heads away, closing their lips, pushing food out of their mouths, or throwing food on the floor.

5 **Feed your baby from a small dish, not from the jar.** Feed with a small spoon. Use a clean spoon to take more food out of the jar. Your baby's saliva (spit) can spoil the food, which

may cause diarrhea. Throw away any left-over food or liquids in your baby's bottle or dish. Store left-over jar food in the refrigerator. Use within 2 days.



6 **Add one new food at a time.** Wait five days before giving your baby another new food. Watch for allergic reactions.

7 **Foods that may cause allergic reactions are:**

- ▲ Cow's milk
- ▲ Orange juice
- ▲ Egg whites
- ▲ Wheat products
- ▲ Corn products
- ▲ Fish and other seafood
- ▲ Soy products like soy milk and tofu
- ▲ Peanuts or other nuts
- ▲ Peanut butter
- ▲ Chocolate
- ▲ Strawberries
- ▲ Raw tomatoes

Most babies outgrow these allergies.

8 **Some allergic reactions are:**

- ▲ Skin rash
- ▲ Gas
- ▲ Breathing problems
- ▲ Diarrhea

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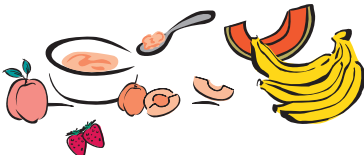


9 **Buy plain foods.** Avoid buying combination dinners. You can make your own combinations with meats, vegetables, and rice or noodles. These are healthier and less expensive.



**Warning:** Babies can easily choke on hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, and peanut butter. Do not serve these foods. **Never** give your baby honey or foods made with honey. Your baby could get very sick or even die.

10 **Offer fruit for dessert.** Babies do not need baby desserts like puddings, custards, and cobblers.



11 **Wipe baby's teeth** with a soft damp cloth after meals.

12 **Wash your hands and baby's hands** with soap before feeding baby. Wash the high chair tray with hot soapy water after baby eats.

Feeding Your Baby 6 to 12 Months



This is my goal for my baby: \_\_\_\_\_



Adapted from California Department of Health, WIC Supplemental Nutrition Branch. Printed by Washington State Department of Health WIC Program. WIC is an equal opportunity program. For persons with disabilities this document is available on request in other formats. To submit a request please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

## Food for Baby—Six to Twelve Months

**Use this chart as a guide for introducing foods to your baby.**

If your baby was premature, talk to your WIC nutritionist.

### At about 6 to 8 months

### When your baby can:

- ✓ Grasp and hold onto things
- ✓ Sit without support
- ✓ Begin to chew
- ✓ Use a cup with help



**First:**

- ▲ Start with smooth, strained or pureed cooked vegetables. Do not add salt or sugar.
- ▲ Start teaching your baby to drink water from a small cup.

**Then:**

- ▶ Try strained or pureed soft fruits. Do not add sugar.
- ▶ Start WIC fruit juice. Limit juice to 2 ounces (60 milliliters) per day. Mix 2 ounces juice with 2 ounces water. **Always give juice in a cup.**

### Also:

- ▲ Offer a variety of foods.
- ▲ Let your baby start to feed himself/herself.
- ▲ You can use a strainer, blender, or baby food grinder to make baby food.



### At about 8 to 10 months

### When your baby can:

- ✓ Take a bite of food
- ✓ Pick up finger foods and feed himself/herself
- ✓ Use a cup



**Add:**

- ▲ Mixed grain baby cereal.
- ▲ Fruits and cooked vegetables, mashed with a fork.
- ▲ Cooked plain rice and noodles, mashed or chopped.

**Try finger foods:**

- ▲ Small pieces of mild cheese.
- ▲ Small pieces of soft cooked vegetables and peeled, soft fruits.
- ▲ Toasted bread squares, unsalted crackers, or small pieces of soft tortilla.
- ▲ Small pieces of cooked, ground meat, chicken, or fish. Take out all bones and tough parts.
- ▲ Small pieces of tofu.

### Also:

- ▲ Do not add salt, sugar, fat or spices to baby's food.
- ▲ Let your baby feed himself/herself.
- ▲ Keep giving your baby new fruits and vegetables, so baby will like lots of different foods.
- ▲ As your baby eats more solid food, your baby will drink less breastmilk or formula.



## At about 10 to 12 months

### When your baby can:

- ✓ Chew and swallow soft, mashed, and chopped foods
- ✓ Use a cup
- ✓ Start to use a spoon



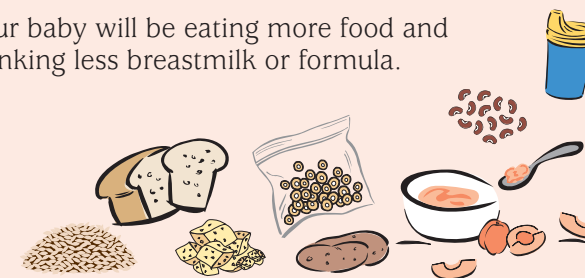
**Add:**

Small pieces of cooked or soft foods the family eats:

- ▲ Cereals, bread, and crackers.
- ▲ Fruits and cooked vegetables.
- ▲ Cooked soft meats, cooked beans or lentils.
- ▲ Casseroles.

### Also:

- ▲ Let your baby feed himself/herself with a spoon or his/her hands.
- ▲ Let your baby sit at the table with the family.
- ▲ Start using the bottle less and the cup more. Give your baby a small cup of breastmilk, formula, or water to drink with his/her food.
- ▲ Wean your baby from the bottle little by little around 12 months. If you wait longer, baby may not want to give up the bottle. Bottle feeding can cause tooth decay.
- ▲ Your baby will be eating more food and drinking less breastmilk or formula.



## At about 1 year

### When your baby can:

- ✓ Chew and swallow soft table foods
- ✓ Use a spoon



**Add:**

- ▲ Whole milk, a little at a time.
- ▲ Cooked whole egg.

**Also:**

- ▲ Offer your baby 3 small meals a day plus snacks.
- ▲ When your baby gets used to whole milk, offer your baby 4 ounces (120 milliliters) in a cup, 4 times a day.
- ▲ Give your baby whole milk from age 1 until age 2.
- ▲ Serve your baby liquids from a cup only.
- ▲ If you need help getting your baby off the bottle, ask the WIC staff.





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**Size:**    16.5 x 9

**Paper stock:**    60# text Sterling gloss white

**Ink color:**    4-color process

**Special instructions:**    Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

**DOH Pub #:**    961-186